Boomeranging back to the nest

Struggling to find work and overloaded with debt, children ages 20 to 34 are returning home to mom and dad PAGE 16

TRADE SECRETS

TIPS FROM VICTORIA'S SECRET ANGEL ALESSANDRA AMBROSIO'S PERSONAL TRAINER ON HOW TO achieve POST-BABY BODY PERFECTION PAGE 13

WINNIPEG metro®

Tuesday, June 19, 2012

News worth sharing.

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EVERYBODY CUT FOOTLOOSE

PAGE 4

David Ball, centre, plays the quick-stepping Ren McCormack in Rainbow Stage's production of Footloose, which began its run on Monday.

BERNICE PONTANILLA/METRO

Magnotta back in Canada

Extradition from Germany. Accused in grisly body-parts case could face a judge as early as today

Luka Rocco Magnotta quietly left Canada last month as a little-known porn actor and prostitute with a penchant for self-promotion on the Internet.

He returned from Germany on Monday in a military plane, his hands and feet shackled during the flight. Armed guards watched him as he disembarked, while a media helicopter buzzed overhead.

Magnotta was immediately led to a police convoy, which whisked him away to face interrogators and charges including first-degree murder.

During his month-long European sojourn, Magnotta became the suspect in a crime so brutal that it made him the target of an international manhunt; the long-time attention-seeker was apparently reading news stories about himself when arrested in a Berlin Internet café.

Magnotta, 29, was wanted for his alleged connection to last month's killing and dismemberment of Montreal university student Jun Lin.

He arrived back in Canada Monday evening.

A motorcade of vehicles with flashing lights rolled out to meet the suspect at Mirabel airport, north of Montreal. A half-dozen men escorted him down the stairs off the plane, onto the tarmac, and into an unmarked minivan at the centre of the convoy.

Armed guards, at least one of whom carried an assault weapon, monitored a handcuffed Magnotta during the transfer after he emerged from the grey airplane.

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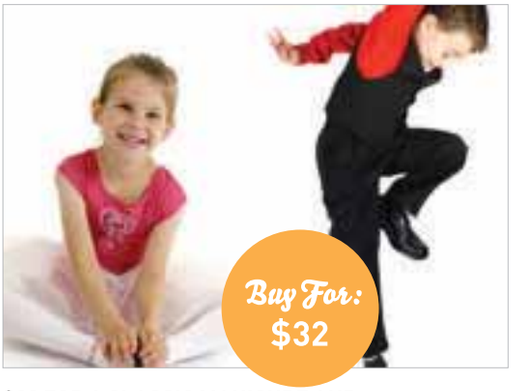

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Homicide No. 16

Man beaten dies of his injuries

Winnipeg police are investigating the city's 16th homicide of 2012 after a man who was beaten over the weekend died from his injuries Monday.

Officers responding to a call about a fight found the 36-year-old victim with serious upper-body injuries in front of a house in the 1300 block of Fife Street at about 2 p.m. Saturday.

"It appears that this may have begun inside a home but … may have spilled out on to the street outside," said WPS spokesperson Const. Jason Michalyshen.

No arrests have been made. SHANE GIBSON/METRO

Red River Exhibition

Teen charged after bear spray discharged

A 13-year-old boy is facing various weapons-related charges after a number of people were injured when bear spray was discharged at the Red River Exhibition on the weekend.

Police allege the young offender and his friends were involved in a fight with another group of males when the suspect pulled out a can of bear spray and began spraying it in all directions.
SHANE GIBSON/METRO

Attempted murder

Charges laid in stabbing

Two 18-year-olds and a 20-year-old are in custody, and one has been charged with attempted murder, after a 21-year-old man was beaten and stabbed at a party Saturday. Police arrived at the 300 block of Machray Avenue at about 2:10 a.m. The victim was hospitalized with serious injuries. SHANE GIBSON/METRO

Canadian rocker gets key to city

Manitoba-born rocker Tom Cochrane was given the key to the City of Winnipeg Monday as part of a ceremony recognizing June as ALS Awareness Month.

"To get it here, in Winnipeg and in Manitoba, means a lot to me," Cochrane told reporters after the ceremony where he helped raise an ALS Society of Manitoba flag. "It's humbling.... I'm getting choked up."

Commonly known as Lou Gehrig's disease, ALS is a rapidly progressive and fatal neuromuscular disease that leads to paralysis of voluntary muscles. ALS eventually leads to death when the chest muscles needed to breathe stop working.

Cochrane, who was born in Lynn Lake, has brought attention to ALS by performing at fundraising concerts. He also lost his father to another progressive neuromuscular disorder, Parkinson's disease.

"This symbolic flag raising, and having people like Tom Cochrane, a musical icon and also a fierce advocate .... shows the commitment to making lives better for those living with ALS," said ALS Society of Manitoba executive director Diana Rasmussen during the ceremony.

Cochrane, who was in town to perform at the Red River Exhibition, is also an Officer of the Order of Canada, a member of the Canadian Music Hall of Fame and has an honorary doctorate from the University of Brandon. SHANE GIBSON/METRO

Canadian rocker Tom Cochrane gets a laugh out of Mayor Sam Katz Monday before receiving the key to the City of Winnipeg at an event to honour ALS Awareness Month at city hall. Visit alsmb.ca for more info. SHANE GIBSON/METRO

Bocce ball players pitting off against dog walkers

Public Space. Two groups look to move into Wolseley lawn bowling green

SHANE GIBSON
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A battle brewing over what to do with an empty lawn bowling green in Wolseley might be the most exciting thing to ever happen there.

The space at Vimy Ridge Park has sat empty behind a locked fence since the lawn bowling club that used it folded last summer.

Now, two area groups — off-leash dog walkers and bocce ball players — are vying to take it over.

"It'll be the public-works department and the animal-control agency that make the decision, but I'll have input," said Coun. Harvey Smith, who represents the ward on city council.

Smith has organized a public meeting later this month for area residents to bring forward ideas on what to do with the space and he's been busy talking to both sides in the meantime.

What Smith is almost certain of is that he doesn't like the city administration's idea of turning the space into a picnic area when the fence comes down in the fall.

"There's no trees, it's not ideal as a picnic area," he said.

Last Friday, Smith opened the gates for roughly 30 bocce ball players to try out the green.

Cassin Elliott, 32, who started the Vimy Ridge Bocce League with his friend Sara Atnikov, 30, stresses they're not against dogs, but would rather see the green used for a sport similar to the one it was designed for.

"We want to get the most use out of it for the neighbourhood," he said.

"Bocce is a great game, it's easy to play and it brings people together."

The public meeting will get underway at 7 p.m. on June 28 at Robert A. Steen Community Club on Palmerston Avenue.

Vimy Ridge Bocce League founders Sara Atnikov and Cassin Elliott, centre, met with Coun. Harvey Smith Monday to talk about their idea to use the Vimy Lawn Bowling Green for bocce ball matches. SHANE GIBSON/METRO

1 NEWS

On the web

Obesity surgery linked to alcohol abuse

Maybe looking good really does come with a price. A recent study found the most common type of obesity surgery may increase patients' chances of abusing alcohol. Go to metronews.ca to read the story.

Mobile news

Facebook just got a whole lot more tech savvy after purchasing a facial-recognition-technology company that helps people tag photos on the web by figuring out who is in them. Scan the code to read more.

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Refugee health care. 'Peg physicians, nurses vow to keep fighting cuts

Chants of "Health is a human right" and a vow to continue fighting against cuts to health care for refugees capped off a roaring protest at The Forks on Monday.

More than 200 people, including dozens of health-care professionals wearing uniforms, crowded the canopy for the National Day of Action Against Refugee Health Cuts.

Dr. Selena Papetti said she was moved to attend the protest because, as a doctor, she is passionate about the rights of marginalized people.

She also has a personal connection.

"My paternal grandparents came here as refugees," said Papetti, who will soon be graduating from her residency and starting a practice. "With help, they managed to do OK and we're productive members of society."

Mohammed Omer, a student at Red River College who fled Ethiopia, said refugees are already struggling to make ends meet.

The now permanent resident doesn't know what he would have done without the health support he was provided.

"We're coming to a new country, we don't know how to adjust, so we need some assistance," he said as speakers took to the stage. "For me, cutting the health (benefits) is letting them starve."

The changes to Canada's Interim Federal Health Program (IFHP) were announced in April by Citizenship, Immigration and Multiculturalism Minister Jason Kenney.

Starting on June 30, IFHP will cut access to essential medication, basic primary health care, dental care, vision care, ambulance services and mobility devices such as wheelchairs.

BERNICE PONTANILLA/METRO

Nurse Arlene Elliott addresses the large crowd that gathered at The Forks on Monday to protest the federal government's cuts to refugee health care. BERNICE PONTANILLA/METRO

Eco-Kids. Children graduate from program

The love of science and the environment was sealed for 75 kids when they received their certificates for completing the Enbridge Eco-Kids program at the University of Winnipeg on Monday.

The children, who currently are in Grades 5 and 6 at Strathcona Elementary School, William Whyte Elementary School and Lake St. Martin, attended the program for two hours every Tuesday over the school year.

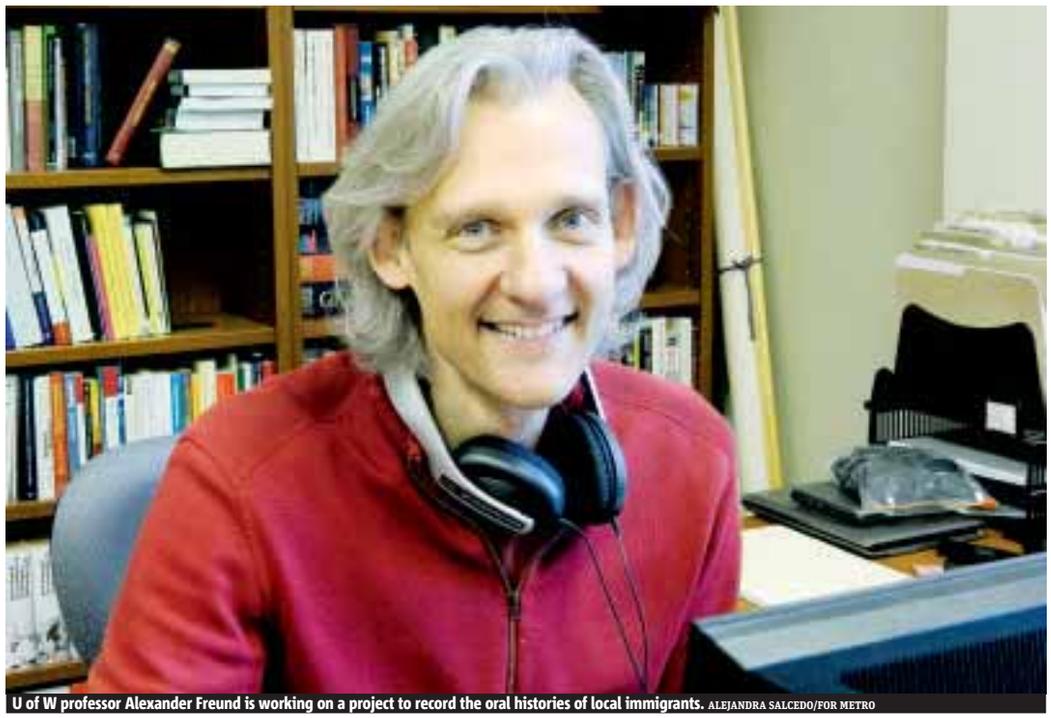
The program, co-ordinated through the UWinnipeg Innovative Learning Centre, encouraged several UWinnipeg and Collegiate professors to dedicate their time to helping the children study science, the environment and to experiment in university labs.

The 75 children will now be registered in UWinnipeg's Opportunity Fund, allowing them to "earn and learn" tuition credits. For each school year they complete, they will have tuition credits banked in their name that can be used to attend the U of W.

Nearly 300 Grade 6 students from the inner city have participated since the program began in 2008.

ALEJANDRA SALCEDO/FOR METRO

Dr. Lloyd Axworthy, president and vice-chancellor of the University of Winnipeg, delivers certificates to students. ALEJANDRA SALCEDO/FOR METRO



U of W professor Alexander Freund is working on a project to record the oral histories of local immigrants. ALEJANDRA SALCEDO/FOR METRO

Prof delves into Salvadoran voices

Oral history. Refugees share, help shape stories for new project

ALEJANDRA SALCEDO
winnipeg@metronews.ca

The history of the migration of refugees to Manitoba after the Second World War is being documented thanks to a local professor.

Alexander Freund, associate professor of oral history at the University of Winnipeg, is looking at three communities: The Europeans, who came to Winnipeg in the '50s and '60s; Latin Americans, especially Salvadorans who started to come in the '80s; and the Africans and Asians who were received in the province during the '90s and at the turn of the century.

Freund said he considers it important get the information through oral testimony, giving community members the chance to talk about their own experiences as refugees when they left their countries.

"It's important to find the balance between leading the project and letting the community make decisions," said Freund in an interview conducted in Spanish, adding the ideas and topics people are talking about are fascinating.

Freund said he is focusing particularly on the Salvadoran community because its members arrived Winnipeg as a result of civil war, and it is the most populous Latin American group in the city.

The project, called Salvadoran Voices of Manitoba, is in its early stages. Those participating in the project went through a workshop to learn to interview others who want to share their experiences.

Mario Jimenez, a member of the Salvadoran community, is participating in the project because he said "it is necessary to document the history of our pilgrimage of when we left El Salvador to come to Canada. The story of our exile is the legacy (we leave) for the next generations."

Details

- The goal of the project is to collect as much oral history as possible.
- "After that, I want to find out the stories of the families, the memory of the violence and how this affected refugees' integration, and how Salvadorans communicated with their children and grandchildren.... Apparently there are gaps."
- It is the first time Freund has worked closely with communities and put the participation-action research method into practice. Now, Freund allows the community to participate and make decisions on how it wants to talk and address the issues.
- "I am amazed at the ideas and questions of the group participating," said Freund.

Footloose tribute to Rainbow Stage icon Ken Peter

Carson Nattrass' directorial debut at Rainbow Stage is a personal triumph with a touch of tragedy.

The longtime Winnipeg actor said it was Ken Peter, Rainbow Stage's executive producer from 1998 until his death this past December, who chose him to direct Footloose, the first of two summer shows at Kildonan Park.

"We've been working so hard in his memory," said Nattrass during a sneak performance for media on Monday. "He'd be so proud of it and his son (Scott James Peter) who did the choreography."

Footloose the Musical, which started Monday and runs until July 8, tells the story of a young man from Chicago who moves to a small farming town where a preacher has instituted a ban on dancing.

Nattrass said even 28 years after the Kevin Bacon movie took North America by storm, Footloose remains iconic.

"If you're a fan of the movie, you'll get that experience onstage, but it's also the first time you'll see it like this," said Nattrass, who has been seen in Rainbow Stages' productions of Hairspray, Cats, Peter Pan, Grease and Miss Saigon.

"It's been an absolute joy."

David Ball, who plays lead character Ren McCormack, said he finds the Rainbow Stage venue at Kildonan Park "amazing."

"The coolest thing is you start the show in daylight and it ends at night," said the 21-year-old Toronto native.

"It's amazing to be here at this outdoor theatre.... I would work here again in a heartbeat."

For show and ticket information, visit rainbowstage.ca. BERNICE PONTANILLA/METRO

Man with no legs climbs Kilimanjaro

Redefine possible.
Spencer West scales Africa's tallest and most famous mountain

ELISHA DACEY
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An American man who challenged tens of thousands of Canadian teens to redefine the possible last year has done the same thing for himself.

Spencer West, who lost both his legs due to a genetic disorder when he was five and walks using his hands, reached the summit of Mount Kilimanjaro on Monday.

"It's dark right now, but the view was spectacular," said West, speaking to Metro from the top of the mountain by satellite phone.

Seven-day climb

West has helped raise more than $500,000 for Free the Children during the climb. It will take about two days to get back base camp.

- He spent 80 per cent of the climb walking on his hands, and the rest in his chair or strapped to a team member's back.

"We're exhausted right now and I'm sure once we're rested, I'll be able to talk about things in a more inspiring way," he joked.

West is a motivational speaker with Me to We, part of Free the Children, a Canadian charity that fights for the rights of children around the world. Last year, he participated in We Day, a day of stories, music and speeches that empowers teenagers.

Spencer West leads the expedition on Mount Kilimanjaro on Day 6.
METRO/FREE THE CHILDREN

Chilliwack, B.C. Hang-gliding pilot to be tried next year after woman plummets to her death

A hang-gliding pilot will stand trial next year in connection with the case of a woman who plunged to her death over B.C.'s Fraser Valley in April.

William Jon Orders appeared in Chilliwack, B.C., court on Monday, and his court date has been set for next April 15.

He is charged with obstructing justice.

Lenami Godinez-Avila plunged 300 metres from the tandem hang glider Orders was flying.

Police have accused Orders of swallowing a memory card from his hang-glider's camera after Godinez-Avila fell to her death.

The victim, 27, was taking the tandem hang-gliding trip as a celebration of her second-year anniversary with her boyfriend.

In May, Orders made a public apology to the woman's family and friends for the incident, saying he "panicked" in the moments after the accident.

When Orders set out to take the young woman soaring through the skies over scenic British Columbia, his goal was to give her an "amazing adventure" and "lots of smiles."

William Jon Orders leaves a B.C. courthouse Monday.
JONATHAN HAYWARD/THE CANADIAN PRESS

Instead the 50-year-old acknowledged last month that he "failed in a major way."

"I want so much to relive that day and to have it turn out differently," he said of the accident in a statement obtained recently by The Canadian Press.

THE CANADIAN PRESS

Beef imports

Ottawa drops challenge to South Korea ban

Ottawa is dropping its trade challenge to South Korea's ban on Canadian beef imports. Trade Minister Ed Fast said Monday he has instructed officials to drop the challenge at the World Trade Organization because Korea restored access in January. South Korea banned imports of Canadian beef after the 2003 outbreak of mad-cow disease. But since the lifting of the ban, more than 30 beef shipments from Canada have cleared South Korea customs. THE CANADIAN PRESS

Corruption inquiry

Quebec construction industry like a cartel: Witness

A star witness at Quebec's corruption inquiry delivered a long-awaited torrent of names as he testified Monday about a construction industry rife with wrongdoing.

Jacques Duchesneau described an industry that operated like a cartel when it came to public works — fixing prices, driving up costs and squeezing out honest competitors. He said collusion was made easier by an under-qualified civil service. THE CANADIAN PRESS

Armoured-car robbery. Suspected triple-murderer co-operating, police say

Triple-murder suspect Travis Baumgartner could be back in Edmonton as soon as Wednesday, as investigators have wrapped up initial interviews with him in Langley, B.C.

Travis Baumgartner in the custody of Canadian Border Services. JONATHAN HAYWARD/THE CANADIAN PRESS

"I can tell you that Travis Baumgartner is co-operating with our investigators and, based on this, we're completing numerous investigative tasks," Edmonton police Supt. Bob Hassel told media on Monday.

Baumgartner, 21, was detained Saturday while attempting to cross into the U.S. with approximately $330,000.

He faces charges in an armed robbery at the University of Alberta's Hub Mall Friday that left three armoured-car guards dead and one in critical condition. HEATHER MCINTYRE/METRO IN EDMONTON

Mexican beating

Government '99 per cent confident' of conviction

Prosecutors have wrapped their case in the violent beating of a Calgary woman at a Mexican resort and say the fact the accused has not been freed is proof he's guilty. Calgarian Sheila Nabb, 37, was found lying naked in a pool of her own blood inside an elevator at the Hotel Riu Emerland in Mazatlan in January.

Days after the attack, area resident Jose Ramon Acosta Quintero, 38, was arrested and charged with attempted murder. METRO

'We have emerged from the Dark Ages': ALS patient

Right to die. Woman at the centre of court case says she hasn't made any decisions

PHYLICIA TORREVILLAS
Metro in Vancouver

Gloria Taylor says she's happy that she can now have the option to "die with dignity," but she still hopes to live a long life.

The 64-year-old West Kelowna, B.C., woman, who suffers from Lou Gehrig's disease, spoke publicly for the first time Monday since her landmark B.C. Supreme Court case that saw laws banning doctor-assisted suicide in this country deemed unconstitutional and discriminatory.

"It took a long time and now, finally, we have emerged from the Dark Ages to realize that dying is a part of living," Taylor said.

Justice Lynn Smith suspended her ruling for one year to allow Parliament time to make its next move, but granted an exemption that allows Taylor to seek doctor-assisted death during that period.

"(People) want to die peacefully," Taylor said, "not screaming in pain and not with the government in their bedroom."

Taylor said her condition has deteriorated to the point where she is losing her voice, needs a feeding tube, and is restricted to her wheelchair, but she's made no decisions on when she'll contact a doctor and is living her life "one day at a time."

"I'm not there yet," she said. "I'm still here living and I hope for a long time. When it's time it's God's will, not mine, and I'll leave it at that."

Quoted

"When it's time it's God's will, not mine, and I'll leave it at that."
Gloria Taylor, Lou Gehrig's disease patient

Gloria Taylor, who suffers from Lou Gehrig's disease, smiles during a press conference Monday and speaks about being granted the right to a physician-assisted suicide by a B.C. judge. PHYLICIA TORREVILLAS/METRO

Islamist claims win in Egypt's presidential election

Egyptian supporters of Islamist candidate Mohammed Morsi chant slogans as they celebrate his apparent victory in Tahrir Square, Cairo, on Monday.
MANU BRABO/THE ASSOCIATED PRESS

Vote. Egyptian military moves to retain power, undermining victory claimed by Mohammed Morsi

Islamist candidate Mohammed Morsi declared victory Monday in Egypt's first free presidential election since Hosni Mubarak's ouster 16 months ago. But just as polls were closing, the ruling military council issued constitutional amendments that gave sweeping authority to maintain its grip on power and subordinate the nominal head of state.

After the last-minute power grab Sunday night, the ruling Supreme Council of the Armed Forces (SCAF) pledged Monday to honour its promise to hand over power to the newly elected president by the end of this month. But the constitutional amendments stripped the president of almost all significant powers. The military decreed that it will have legislative authority after a court dissolved parliament, it will control the drafting of a new constitution and will not allow civilian oversight of its significant economic interests or other affairs.

Morsi represents the Muslim Brotherhood, an Islamic fundamentalist group that has emerged as the most powerful political faction since the uprising. The Brotherhood's Freedom and Justice Party rejected the constitutional declaration, saying it was no longer within the authority of the military council to issue such a decree with less than two weeks left for the transfer of power.

THE ASSOCIATED PRESS

U.S. reaction

In Washington, Pentagon spokesman George Little urged the ruling military to transfer full power to a democratically elected civilian government, as it pledged to do in the past.

- "We are deeply concerned about the new amendments to the constitutional declaration, including the timing of their announcement as polls were closing for the presidential election," said Little.

Gunfight. Militants burst across Israeli border, kill 1

Militants crossed from Egypt's turbulent Sinai desert into southern Israel on Monday and opened fire, killing an Israeli worker, defence officials said. Two assailants were shot dead in a gun battle with Israeli troops responding to the ambush.

The Israeli was in a crew building a fence along the porous desert border.

No group claimed responsibility for the attack, which underscored the growing lawlessness in the Sinai desert since longtime Egyptian President Hosni Mubarak was toppled by a popular uprising last year.

Several hours after the attack, an Israeli air strike killed two men on a motorcycle in the northern Gaza Strip near the Israeli border. The Islamic Jihad said the men were members on a "reconnaissance" mission and vowed revenge.

THE ASSOCIATED PRESS

Syria

Russia concerned for citizens, base

Syrian forces shelled the central city of Homs on Monday during a fierce offensive to root out rebels as the country's most important ally, Russia, appeared to show growing concern over President Bashar Assad's future.

Russia's Interfax news agency reported that two Russian navy ships are prepared to head to Syria to protect Russian citizens and a naval base there.

"We won't abandon the Russians and will evacuate them from the conflict zone, if necessary," Maj.-Gen. Vladimir Gradusov was quoted as saying. Each ship is capable of carrying up to 300 marines and a dozen tanks, according to Russian media reports.

That would make it the largest-known Russian troop deployment to Syria, signalling that Moscow is becoming increasingly uneasy about Syria's slide toward civil war.

THE ASSOCIATED PRESS

UN

West avoids Syrian intervention

The U.S. has spent months disparaging Russia for blocking strong UN action against Syria and standing by President Bashar Assad as his forces lay waste to cities.

Russia's stance is convenient for Washington and its allies, which have their own reasons for avoiding direct intervention in another conflict. Not the least of them is the impending U.S. presidential election in November. Others are the uncertain outcome of a military commitment and the war-weariness of the U.S. public.

Protesters rally against the Syrian regime and Russia's support of President Bashar Assad in Lebanon Sunday. THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

Fake acquisition

Chinese trader fabricates bank

Chinese trader Lin Chunping has taken fakery to a whole new level: He invented a U.S. bank and claimed he bought it.

The little-known businessman shot to fame in January when state media reported that he had taken over Delaware-based Atlantic Bank. The unprecedented acquisition brought him praise: His hometown gave him a prestigious political appointment and state media called his business experience "legendary."

Not only did he not buy Atlantic Bank in Delaware for $60 million US as he claimed, but there is no Atlantic Bank in that state.

THE ASSOCIATED PRESS

Australia

Aboriginal art among oldest found in world

An archeologist says he found the oldest piece of rock art in Australia and one of the oldest in the world: An Aboriginal work created 28,000 years ago.

THE ASSOCIATED PRESS

Ancient Aboriginal rock art found in Australia. THE ASSOCIATED PRESS

North Carolina zoo

Elephant may be prescribed giant contact lenses

After C'sar the bull elephant lost weight, grew depressed and underwent surgery because of eye trouble, his keepers at a North Carolina zoo began to consider a pioneering move in pachyderm medicine: Giving him a set of king-size contact lenses.

Officials at the North Carolina Zoo in Asheboro and the North Carolina State University's college of veterinary medicine are weighing whether the risks are worth it. C'sar's caregivers said an elephant has never been fitted with corrective lenses.

THE ASSOCIATED PRESS

Mr. Ugly misses out on modelling

Dubious honour. Zimbabwe man beat out four other ugly men to land title, $100 and a night at a hotel — which he exchanged for food money

William Masvinu, winner of the Mr. Ugly competition in Zimbabwe. THE ASSOCIATED PRESS

The latest winner of Zimbabwe's Mr. Ugly pageant has ambitions of fame and fortune. But, so far, he remains a simple market porter.

William Masvinu, 38, who won the second edition of the pageant last month, makes his living carrying loads for shoppers in a market in the impoverished western Harare township of Mbare. The victory has made him a local celebrity, but the modelling offers he thought he'd be getting aren't yet pouring in.

"I was expecting to do some adverts and some modelling if I was asked. But I'm still poor, still carrying loads of cabbages onto buses," he said. "I am ready to show the world my gift. Being ugly is not a curse. It's a gift God gave me and I'm proud of it. My face makes me special and I am not making any excuses about it."

Organizers say they started the pageant as a novel way to entertain audiences.

THE ASSOCIATED PRESS

Sweet relief from the scorching heat

An boy jumps into a water canal to cool off in Amritsar, India, Monday. Light rain in most parts of the northern region provided much relief to people from the scorching heat. ALTAF QADRI/THE ASSOCIATED PRESS

Pakistan. Pudgy police told to tone up or else

Pudgy Pakistani police officers have been given until the end of the month to shrink their waistlines below 38 inches. Punjab police spokeswoman Nabila Ghazanfar said the province's police chief was determined to "turn the force into a fit one." She declined to comment on a report that said 77 per cent of the police in Rawalpindi had girths bigger than 38 inches around.

THE ASSOCIATED PRESS

Thailand. Topless art stirs morality debate

An episode of Thailand's Got Talent has stirred a morality debate after a contestant painted a canvas using her bare breasts, drawing a rebuke from the culture minister, who called it shocking.

Minister Sukumol Kunplome summoned the show's producers Monday, saying that nudity on public television is not considered appropriate in Thai society.

THE ASSOCIATED PRESS

Microsoft unveils tablet

Surface. Decision to make its own tablet a departure for the company, which usually focuses on software

Microsoft has unveiled Surface, a tablet computer to compete with Apple's iPad.

CEO Steve Ballmer was on hand to announce the new tablet, calling it part of a "whole new family of devices" the company is developing.

One version of the device, which won't go on sale until sometime in the fall, is 9.3 millimetres thick and works on the Windows RT operating system. It comes with a kickstand to hold it upright and a touch keyboard cover that snaps on using magnets. The device weighs under 1.5 pounds and will cost about as much as other tablet computers. Its debut is set to coincide with the upcoming fall release of Microsoft's much-anticipated Windows 8 operating system.

Steven Sinofsky, president of Microsoft's Windows division, called the device a "tablet that's a great PC — a PC that's a great tablet."

A slightly thicker version — still less than 14 millimetres thick and under two pounds — will work on Microsoft's upcoming Windows 8 Pro operating system and cost as much as an Ultrabook, the company said.

The pro version comes with a stylus that allows users to make handwritten notes on documents such as PDF files.

THE ASSOCIATED PRESS

Microsoft's Panos Panay holds a credit card to compare the thickness of the case for the new Surface tablet computer on Monday. DAMIAN DOVARGANES/THE ASSOCIATED PRESS

Ottawa. Conservatives' omnibus budget bill passes Commons, heads to Senate

The Conservative majority has passed the government's sprawling budget-implementation bill following a final evening of debate.

The vote in the House of Commons sends the 400-plus-page piece of legislation on to the Conservative-dominated Senate, where it will become law before the end of the week.

Dubbed the Jobs, Growth and Long-term Prosperity Act, the bill has been variously described by its detractors as a "Trojan horse" and a "kitchen sink" due to its massive grab-bag of measures.

Foreign Affairs Minister John Baird says swift passage of the bill is, in his words, "absolutely key and essential to creating a good economic climate."

But opposition MPs say the implementation bill contains dozens of hidden measures that were not part of the 2012 federal budget delivered in March by Finance Minister Jim Flaherty.

And many of the changes have nothing whatsoever to with economic performance, such as shutting down the First Nations Statistical Institute or allowing the Canadian Nuclear Safety Commission to have temporary members for up to three years.

Despite a marathon 22-hour voting session last week, Green party Leader Elizabeth May says she doubts many MPs know what's in the bill — so she's setting up a quiz Tuesday to test their knowledge.

THE CANADIAN PRESS

Real estate

Sales of recreation properties up, Re/Max reports

Lower prices, increased selection and a rebound in consumer confidence have helped drive sales of recreational properties higher in a majority of communities reviewed across the country, real-estate firm Re/Max says.

Re/Max said of the 33 markets included in its report, sales were ahead of last year's mark in 70 per cent of the communities, while six per cent were in line with a year ago.

THE CANADIAN PRESS

Marketing deal

AmEx cardholders to skip long lines at Toronto airport

American Express Canada will send its premium cardholders to the front of more security lines at Toronto's Pearson International Airport under a deal that gives the credit-card company prime ad space in Canada's busiest air hub.

Platinum cardholders will be able to skip longer security clearance queues by flashing their cards throughout Terminals 1 and 3 as part of a marketing partnership announced Monday.

THE CANADIAN PRESS

Market Minute

DOLLAR
97.65¢
(-0.18¢)

TSX
11,601.13 (+76.23)

OIL
$83.27 US (-76¢)

GOLD
$1,627 US (-$1.10)

Natural gas: $2.635 US (+16.8¢)
Dow Jones: 12,741.82 (-25.35)

VALIDATING OUR LIVES THROUGH THE LENS

SHE SAYS...
Jessica Napier
metronews.ca/shesays

I recently went on a holiday to the sun-soaked Greek island of Santorini. We'll call it a working vacation since I was on bridesmaid duty for my best friend's wedding. Needless to say, it was phenomenal. The picturesque surroundings and memorable milestones warranted countless photo opportunities.

While away, I found myself capitalizing on any opportunity for free WiFi so that I could go online to post real-time updates and digital snapshots for my friends and followers back home. Because if you don't record it, upload it, share it and tweet it — did it even really happen? Nobody asked me about my trip when I returned; they had seen it all thanks to my jealousy-inducing stream of Instagram activity.

When I was younger, I used to pore over my mother's photo albums filled with weathered snapshots of her on beaches and in fields looking perfectly dishevelled dressed in her 1970s hippy garb. The photos are rinsed in sepia tones, the images are grainy, the edges blurred.

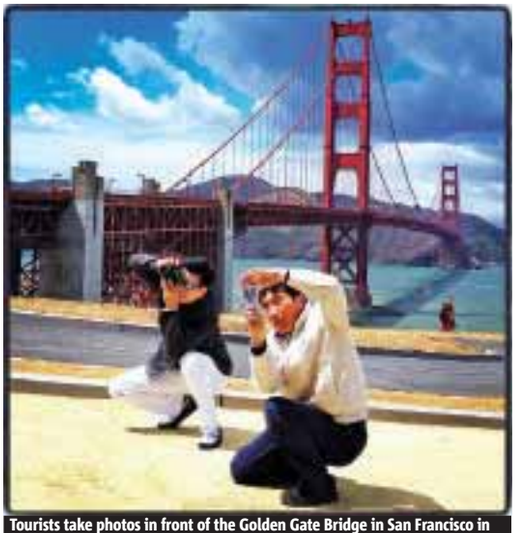
Thanks to apps like Instagram and Hipstamatic, I have thousands of faux-analogue images with those same qualities but without any of the authenticity. Flaws and colour saturations that were once accidental have been applied meticulously in order to make the perfect imperfect image.

Today, our mundane realities are manipulated, elevated and given a veneer of artistry with a strategically applied "Valencia" filter. For anyone who has ever wanted to experience a false sense of nostalgia for a time before they were even born, there is indeed an app for that.

Outside the smartphone realm, Urban Outfitters has reintroduced Lomography and Holga cameras to the masses, creating an entire industry based on selling an idealized retro aesthetic to a new generation of shutterbugs. Except this time around those prints aren't treasured keepsakes stored in leather-bound albums — they're digitized, categorized, Tumblred and hashtagged until they become something else entirely.

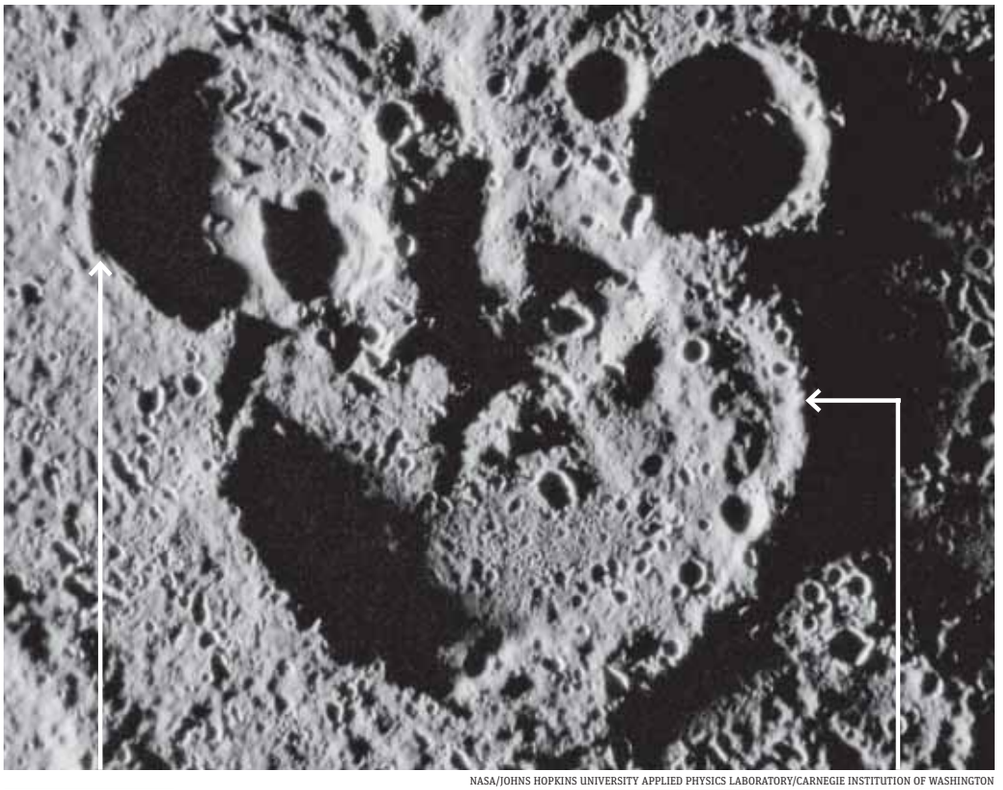
All photographs are inauthentic in a way. By capturing an instant in time, the boundaries of those realities are cropped and the subjects are posed acutely aware that they are being snapped. The very act of taking photographs makes experiences staged and, in turn, less real.

While I delight in the preservation of memories, I believe in the importance of leaving the camera (and the iPhone) at home sometimes, even when you're on vacation. We need to remind ourselves to be fully present in our unfiltered realities, enjoy the fleetingness of life and let your memories be all that you take away.



Tourists take photos in front of the Golden Gate Bridge in San Francisco in this file photo. The image was created using the iPhone 4s with Instagram's "LoFi" filter. JUSTIN SULLIVAN/GETTY IMAGES

Mercury is sooo Mickey Mouse



NASA/JOHNS HOPKINS UNIVERSITY APPLIED PHYSICS LABORATORY/CARNEGIE INSTITUTION OF WASHINGTON

Planetary research

Big act found on small planet

It looks like Mickey Mouse has made a big impact on planet Mercury.

But in truth, the familiar silhouette is a group of craters in Mercury's southern hemisphere.

The image was taken by NASA's Messenger orbiter spacecraft, which is gathering photographic data about the solar system's innermost planet.

METRO WORLD NEWS

Studying craters

- **NASA's Messenger.** Launched in 2011, the probe has taken more than 100,000 images of craters on Mercury's surfaces. Experts hope craters will tell more about the planet's history.
- **Strange cosmic resemblances.** The 215-kilometre-wide Galle Crater on Mars looks like a gigantic smiley face, while Saturn's moon Mimas has an uncanny resemblance to the Death Star from Star Wars lore.

The "happy-face crater" on Mars' surface, officially known as the Galle Crater. MALIN SPACE SCIENCE SYSTEMS/NASA

Size of this Mickey

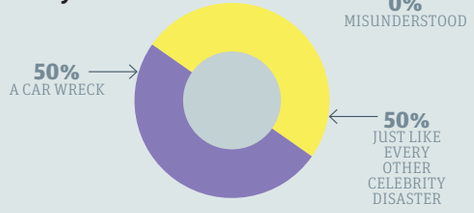
100

kilometres is the approximate diameter of the "face" (large, middle crater) of this Mickey Mouse resemblance.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Lindsay Lohan is:



Twitter

@katelynne_:
When people walk past my desk I have to fight the urge to trip them. #meanie #haveanicefall

@MadisonTeal1:
Now im proud to say ive met carly jepsen and she gave me a necklace #callmemaybe #whatastar

@hayzer92:
If the world had to decide between Facebook & Twitter, I really wonder what one it would be? #pickandchoose

@kylaroma:
I thought the sun was coming up, but when I opened the window a car was on fire in the back lane!!

@Shadowbatash:
Be careful what you say/tweet, because it could be used against you and scar you for the rest of your life

@saintwinnipeg:
Just gave Monday the middle finger and decided I start work at 10:30 instead of 6AM!

metro
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DVD reviews

Big Miracle

Director. Ken Kwapis

Stars. Drew Barrymore, John Krasinski, Kristen Bell

Big Miracle sticks to the main facts while fictionalizing the details in its telling of the October 1988 effort by northern Alaskan residents, the U.S. military and two global superpowers to rescue three whales trapped in Arctic ice. Drew Barrymore plays shrill Greenpeace activist Rachel Kramer, who often alienates the people she needs to win over. That includes her ex-boyfriend, Adam Carlson (John Krasinski), who is an ambitious small-time TV reporter. Carlson's reports bring Kramer and a horde of other media types, Gawkers and hawkers join the media frenzy, while the local Inupiat hunters have their own take on the crisis. The best characters are the whales, animatronic behemoths that look incredibly real. They're the centrepiece of this feel-good comic tale that works its way to an exciting conclusion.

PETER HOWELL

Project X

Director. Nima Nourizadeh

Stars. Thomas Mann, Oliver Cooper

Project X is actually a slag heap of steals from similar films, roughly spanning the booger-flicking expanse from Animal House to Superbad. The difference here is the way Project X so aggressively ups the ante for outrageous sex, drugs and property damage. The film reflects so poorly on American life and values, it could serve as an Al Qaeda training video. The setup is simple: shy Thomas is turning 17, and his best buds want to throw the mother of all parties at Tom's house while his parents are away. Mom and dad's place is trashed so badly you may have to watch the screen — horrified — through your fingers. STEVE GOW

Elijah Wood, right, and Jason Gann play man and man's best friend in quirky dark comedy Wilfred, returning for its second season on FX Canada.

Doggone it, Wilfred and Co. are back

This ain't ALF. Lead and co-creator talks about why the show works and how he got the role

MIKE DOJC
2forcouples.com

In Wilfred (FX Canada), Ryan, a sad sack lawyer (Elijah Wood), strikes up a peculiar friendship with his neighbor's pooch. He sees Wilfred as a foulmouthed Australian in a shaggy dog suit but the rest of the cast sees him as a cuddly mutt.

When we last left off in Season One, Wilfred had hurled himself in front of a car to give Ryan the opportunity to swap Jenna's urine sample so that she'd pass her drug test, and more startlingly, the door to the basement where Ryan and Wilfred often hang out turned out to be a closet.

With the second season premiering on Thursday, we tossed Jason Gann, series co-creator and the man in the canine costume, some meaty bones to chew on.

What's the most cockamamie theory you've read on a message board from Wilfred fans?

People will get on there and go what is going on, is he this, is he dead, what's going on? Inevitably, a bunch of fans who've been on there for awhile will jump on and say you've just got to enjoy it, don't overanalyze it, don't over-think it, just go with it. I think people were driven crazy by the season one finale.

Wilfred and Ryan seem like an old married couple. What would a couples' counsellor make of their relationship?

You've obviously been in the writers' room. Look, I think it's a really good romance between the two. I guess you'd call it a co-dependent relationship that is maybe not healthy.

Despite all the trouble Wilfred gets Ryan into, do you think Ryan is ultimately better off having him in his life?

Definitely, because he's living. Part of life is making mistakes and getting out there into society because that's where he really struggles and those are the things that make you stronger and really define and make you who you are.

But, put it this way, would you like a friend like Wilfred?

No. Quite simply put. Fans are telling me all the time, I want a Wilfred and I'm like do you really? I'm not sure you do, you might have fun watching someone else have a Wilfred but it would be pretty wild. Maybe I could deal with it if it was for half an hour a week.

Wilfred's owner, Jenna, manipulates Ryan almost as much as the dog does. Is he in "puppy" love with her?

Ryan has a lot of stakes in a girl who isn't giving him a lot back romantically or as a friend really. We have to assume that a lot of it has happened off-screen. But yeah, it would be puppy love because it isn't really grounded in a truthful relationship, and they haven't developed one yet.

Have you ever been as whipped as Ryan — by a girl you weren't even dating?

Maybe for a week. Look, I've been heavily in love with girls but, from an early age, I saw what happened to nice guys. So even if I wanted to be like that, even if everything in my body was telling me to do so, I've resisted because they don't respect it ... well, they do and they don't. That doesn't mean I don't treat women well in my life. I really do. I treat them like queens.

Really?? Never even been a little whipped?

What am I saying, one of my last girlfriends used to send me to the dry cleaner all the time. I'd also drive her to work in the morning and she'd inevitably forget something and I'd have to drive her back. But it wasn't because I was desperately in love; this somehow just happened.

If Wilfred were to propose to Bear on a romantic date where would he take Bear and how would he do it?

Well he'd probably take him to West Hollywood because we don't know what Bear is, whether Bear is a girl or a guy. I was thinking the other day when I was looking at this massive guy with hair all over himself at the gym and remembered that that's the name they also use for butch (gay men). It would be somewhere disrespectful, because Wilfred would probably end up banging someone in front of Bear. In the middle of a threesome is when he'd ask Bear.

As manipulative and deceptive as Wilfred can sometimes get, he still manages to be endearing and loveable in the end. What's his secret?

Well I don't pat myself on the back too often but that, I have to say, is a Jason Gann thing. My friends have always said that's just you in a dog suit. I have forever gotten away with saying things and doing things that people just generally don't. I've heard all my life, 'Jason if anybody else did that I would have thought he's the most disgusting creep, but for some reason when you do it it's okay.' I kinda bring that naughty cherub element to the character and it's something that's worked for me personally so it's fun to play with in the character.

Is it true that Zach Galifianakis almost got the role of Wilfred?

No, his name was used as bait for me to take on the role. Originally I said no and my manager said if you don't do it someone else will and I said yeah right, thinking who is going to be better than me, I'm the original. I go who, and he goes, 'the name Zach Galifianakis is being bandied about,' and then I said 'OK I'll do it.' When casting for shows a lot of names are thrown around. I'm confident he was never actually approached.

2 SCENE

Scene in brief

Jack Osbourne facing MS

New father Jack Osbourne is facing a diagnosis of multiple sclerosis. The former reality star and son of Ozzy and Sharon Osbourne revealed his health crisis in an interview with People, released Sunday. He told the magazine he was angry and frustrated when he found out, and he's concerned about his family. Osbourne and his fiancée Lisa Stelly had daughter Pearl in April. Multiple sclerosis attacks the brain and spinal cord, and can cause somewhat mild problems or serious disability, such as paralysis. Jack Osbourne gained fame as a teen when his heavy metal father and his mother allowed the family to be profiled in the MTV reality show The Osbournes.

THE ASSOCIATED PRESS

On the web

Furries meeting in Pa. looking for fun; out to 'shed' reputation of fetishes, weirdness

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Charlie Sheen ALL PHOTOS GETTY IMAGES

Charlie Sheen to shut the door on showbiz

After his new show, Anger Management, wraps, Charlie Sheen plans to retire from acting.

"I've been doing this 30 years. And there's a lot more out there to do than make-believe, you know?" the former Two and a Half Men star tells the New York Times.

"I mean, I'm grateful. I've got a dream life as a direct result of television, you know? But at some point you just get tired of wearing somebody else's clothes, saying somebody else's words and working in somebody else's space."

I'm not gonna fake it

"...At some point you just get tired of wearing somebody else's clothes, saying somebody else's words and working in somebody else's space."
Charlie Sheen

Gomez goes wild on web, but that's where it ends

Selena Gomez's popular Fifty Shades of Grey spoof made for humour site Funny or Die is about as close as the former Disney star is going to get to the racy, mega-popular material, according to MTV News.

"I know I'm taking risks, but I don't think I could do that," Gomez says when asked about starring in the planned movie version of the book.

"That would be a little too much for me."

The Word

They say it's over, that it's over, but it's far from over

MONICA WEYMOUTH
scene@metronews.ca

What seemed to be a relatively minor bar fight between Chris Brown and Drake last week is still brewing.

The Manhattan nightclub where the incident took place, W.i.P., has been closed down due to multiple code violations, according to the Associated Press.

As for the fight itself, a source tells the Associated Press that the two hip-hop stars weren't even involved in the bottle-throwing brawl, claiming it was "entourage versus entourage, never Drake versus Chris," shooting down the theory that the two were fighting over Rihanna.

Rapper Meek Mill — who was at the club with Drake, and was initially identified as an instigator — also says the stars weren't involved. "Chris and Drake, them two was there, but it's other people that be around that take sh— to the next level," he tells MTV.com.

"Things just happen in the club. I seen girls in there throwing bottles. I never seen Chris Brown or Drake throw a bottle, and I was there."

While Brown has already talked to cops, Drake has declined to answer questions. "Why would he turn himself in when he did not commit any wrongdoing?" his rep told the New York Post in a statement on Sunday.

The only thing more annoying than a hip-hop fight is a never-ending non-hip-hop fight between entourages and publicists. This thing is one airborne bottle of Skinnygirl Margaritas away from being a Real Housewives episode.

Kate peeps about her prince

Kate Middleton is usually pretty tight-lipped about life married to Prince William, but she did open up to a group of inner-city youth during a visit to their outdoor learning centre, according to Us Weekly. "William is very sweet and kind of spoils me," Middleton told one of the children. Of course, seeing Middleton working so well with children begs the question of when she and William will start a family of their own, and royal sources say sooner rather than later.

"There's a window in place," a source says, explaining that the couple is hoping to get pregnant between September and next summer. "The pregnancy will be announced. It won't be hidden."

Kate Middleton

Lindsay Lohan

Want to take a snooze under the strobe lights?

Lindsay Lohan must bounce back quickly. After being treated for exhaustion Friday — brought on by her hectic filming schedule — the troubled actress was out Saturday night partying at the Chateau Marmont, according to Us Weekly.

"For someone so exhausted, it was shocking to see her out past 1 a.m.," a source says. Lohan, who was reportedly still in hair and makeup from the Elizabeth Taylor biopic she's filming, stayed until hotel's restaurant cleared out for the night.

Twitter

@ActuallyNPH
Thanks so much for all of my B'day tweets! I had a spectacular day in Montreal w/ the delicious @DavidBurtka. I'm liking this 39 stuff!

@BetteMidler
Assassins! Something has murdered two of my chickens, Khloe and Kourtney! It gnawed thru the chicken wire and pounced...poor dears. RIP.

@AlbertBrooks
I worry about Lindsay Lohan. And not just because I loaned her $1100.

@lindsaylohan
Note to self.. After working 85hours in 4days, and being up all night shooting, be very aware that you might pass out from exhaustion & 7 paramedics MIGHT show up @ your door.... Hopefully theyre cute. Otherwise it would be a real let down.

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From baby bump to beach body, the transition isn't as hard as it used to be. METRO WORLD NEWS

How a Victoria's Secret angel got her body back

Sexy in summer. We speak to Leandro Carvalho, personal trainer to Victoria's Secret "angel" Alessandra Ambrosio

ROMINA MCGUINNESS
Metro World News

Having a baby is a life changing moment — sometimes not always for the best.

The lack of sleep, dirty diapers and the fact you've turned into a milk-making machine can be overwhelming. And however much some women would love to get their pre-baby body back, most have no idea how, or when it's OK to start exercising again. Leandro Carvalho tells us how to achieve post-baby body perfection.

Post-delivery recovery

"Women who give birth naturally need to wait around four weeks before they can start exercising again. The recovery period goes up to six weeks if they've had a caesarian," Carvalho tells Metro.

A serious operation, a caesarian limits the type and amount of working out that can be done months after giving birth. In other words, it'll be a while before you can run, jump, cycle or do squats, lunges and sit-ups again.

But not all new moms can hope that newborn-related stress and breast-feeding alone will help them lose the baby weight.

For that reason, Carvalho found a way to increase heart rate and trigger weight loss-with zero impact.

Here's how it goes:

Walk in incline

Start with the easiest exercise known to man: walking.

Carvalho advises you start off slow, maintaining a speed anywhere between two to 3.5 km/h on a five per cent incline (if on a treadmill). Never go faster than 4.0 km/h as this is basically running and no high impact exercise is allowed until at least two months after giving birth.

If your ultimate goal is to lose fat, you'll need to keep going for at least 30 minutes:.

"Ten minutes on the treadmill is a good warm up, 20 minutes is good for your health but if you want to burn fat, you need to go beyond the 25 minute mark. Up until that point, your energy comes from the glycogen stored in the muscles, but after 25 minutes, your body gets its energy by burning fat," he adds.

Once you've walked in incline for a minimum of 25 minutes you can move on to the floor exercises.

The safest strategy: add some weight

Your workout intensity is limited and you'll need to be patient if you want results. You can't jump or run around, so challenge your body by wearing ankle weights and weighted gloves during your workouts.

"Adding light two to eight pound ankle weights when doing leg lifts (such as a kneeling leg lift) or weighted gloves when doing arm movements will increase the intensity of a move," explains Carvalho.

Slowly building up your resistance and the number reps will tone and sculpt your body. Start with 20 to 30 reps for each move, eventually working your way up to 100.

Quoted

"Working out two hours a day, six days a week. On her 'off' day, she does gentle yoga."

Leandro Carvalho
Personal trainer to Victoria Secret Angel, Alessandra Ambrosio

By the numbers

30

Personal trainer Leandro Carvalho recommends doing 30 minutes of intense cardio exercise three to four times a week if your aim is to change your body shape and lose weight.

3 LIFE

Health minute

Cold virus holds promise as cancer therapy

Researchers have shown that a cold virus known to destroy cancer cells can be delivered to a tumour through the bloodstream without falling prey to killer antibodies on the way. In a study published Wednesday in the journal Science Translational Medicine, the researchers found the "reovirus" hitches a ride on blood cells and uses them as a shield against the immune-system cells. The reovirus holds promise as a possible new way of treating cancer because it not only kill cancer cells directly, but also triggers an immune response – similar to what a vaccine does – that helps eliminate residual cancer cells. But because the virus, which causes upper respiratory and gastrointestinal illness, is common in the environment, most people have been exposed to it in childhood and therefore have developed antibodies, said Alan Melcher, a professor of clinical oncology and biotherapy at the University of Leeds who co-led the study.

THE CANADIAN PRESS

On the Web

Deaths and costs to society are lower in areas with toughest motorcycle helmet laws

The new burger joint on the block goes big on toppings

The Little Bacon Cheeseburger with Five Guys Fries. SVJETLANA MLINAREVIC

LUNCH RUSH
Svjetlana Mlinarevic
life@metronews.ca

Imagine biting into two big juicy all-beef patties topped with cheddar cheese and layer upon layer of bacon followed by 15 toppings, all between a toasted sesame seed bun.

If you can imagine that, then you're eating at Five Guys.

This burger joint located on Regent Avenue has a clean, bright, red and white decor with friendly staff. As for the food, it is fresh, made-to-order and cooked in front of you.

If you're a champ, order the regular Five Guys Bacon Cheeseburger ($8.59) and expect to get the burger described above.

If you can't eat a burger so large, and wimp out like me, then go with the Little Bacon Cheeseburger ($6.59), which is a single patty.

The regular sized Five Guys Fries ($3.49) are a mountain of homemade potatoes fried in peanut oil.

The fries were good but I wish they were crispier. I think a double fry would have helped them tremendously.

Overall, Five Guys gets a high five.

Visiting the restaurant

Five Guys

Address. 1576 Regent Ave.

Phone. 661-5555

Website. fiveguys.ca

Rating. 3.5/5

Price range. $3.79 - $8.59

Reservations. No

Licensed. No

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. Yes

Salmon Dill Appetizer. Serve this fresh and light app over lettuce leaves

1. In bowl, combine veggie dip with remaining ingredients and gently fold together.

2. To serve as an appetizer, arrange few lettuce leaves on plate and place mix in centre. Garnish with radishes, if desired. For first course, arrange salad greens on two plates and divide salmon mixture between them. Serve with pita chips, crackers or cucumbers.

THE CANADIAN PRESS/MARZETTI OTRIA VEGGIE DIP

Ingredients

- 175 ml (3/4 cup) feta Greek yogurt veggie dip
- 250 g (8 oz) cooked salmon, skin removed and flaked
- 125 ml (1/2 cup) chopped large portobello mushrooms, gills removed
- 125 ml (1/2 cup) chopped fennel
- 2 chopped scallions
- 15 ml (1 tbsp) chopped fresh mint
- 15 ml (1 tbsp) capers (optional)
- Salt and pepper, to taste
- Lettuce leaves
- Radishes, sliced thin
- Toasted pita chips, crackers or thick slices of cucumber

Exotic tastes & crunch

1. Remove outer three layers of lemon grass stalk and cut tender middle section into 1-inch pieces. Bruise lemon grass. In bowl, combine lemon grass, garlic, green onion, black pepper, sambal sauce, sugar, salt, oil and fish sauce. Coat chicken and marinate 30 mins.

2. Sweet chili cilantro mayo: combine the mayonnaise, honey, sambal sauce, cilantro and salt in mixing bowl.

3. Coleslaw dressing: In separate small bowl, combine sugar, vegetable oil, lime juice and salt. Pour on shredded cabbage and carrots, and toss to coat.

4. Remove chicken from marinade. In pan, heat oil for 1 minute and fry chicken 15 mins. on med., turning halfway through. Remove from heat.

5. Spread cilantro mayo on toasted buns. Slice chicken and place on bun. Finish with coleslaw. NEWS CANADA/ DITALIANO.CA

Ingredients

- 2 stalks lemon grass
- 3 cloves garlic, minced
- 2 stalks green onion, minced
- 1/4 tsp (1 ml) black pepper
- 1 tsp (5 ml) sambal sauce
- 2 tbsp (30 ml) sugar
- 1 tsp (5 ml) salt
- 1 tbsp (15 ml) oil
- 2 tbsp (30 ml) fish sauce
- 4 small half chicken breasts, lightly pounded with flat meat mallet

Sweet Chili Cilantro Mayo:

- 1 cup (250 ml) mayonnaise
- 2 tbsp (30 ml) honey
- 2 tsp (10 ml) sambal sauce
- 3 tbsp (45 ml) cilantro, chopped
- Salt to taste

Asian Coleslaw:

- 3 tbsp (45 ml) sugar
- 2 tbsp (30 ml) vegetable oil
- 3 tbsp (45 ml) lime juice
- 1 tsp (5 ml) salt
- 1/2 lb (250 g) shredded cabbage
- 1/2 lb (250 g) shredded carrots
- 4 D'Italiano sausage buns, toasted

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Mature Adult 7-10
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Advice

Time to change your approach

Hey Sisters,
I was in a five-year relationship with a girl I met in university. We lived together and when the time came to pop the question I realized she wasn't the one for me. I've been single for a few months and have been going out with my friends to meet someone new. It's been fun, and I do talk to a lot of people, but no one has really captivated me. I'm starting to get fed up with looking, and I'm not sure what I'm missing. Any advice that doesn't involve eHarmony?
Hungry for More

TWO SISTERS
Andrea and Claire
Life@metronews.ca

Andrea: Dear H4M,

Being single after a long relationship with that not-quite-right-someone is like being released into the woods to fend for yourself. There's a wonderful feeling of independence and everything is bright and exciting ... until you get hungry. You now have two options: a) die b) persevere. Chances are you're choosing the latter, so make better traps or forge better weapons. In other words, modify who you are and how you approach.

Maybe you haven't been ready to meet someone worthwhile and subconsciously aren't aligning yourself with this goal. Maybe to meet someone different, you have to be different. Imagine who you want to meet and the kind of person you see her with. Try to be that person, and let the universe do its thing, eHarmony not required.

Claire: Dear H4M,

Newly single people who come out of long-term relationships think that the outside world is a big vending machine of available singles that will pop out the right one for them ... if they can just figure out which buttons to press. Nope. That's e-Harmony. The older we get, the busier we get, the more baggage we amass, the more set in our ways we are.

It's harder to meet people. It may take time, and you will definitely get fed up. I have no better advice than to tell you to keep going, keep trying, and try to actually enjoy the freedom, the loneliness, and even the self-doubt. These are the ingredients to a more well-rounded man who is happy with himself. And there is nothing a woman likes more. Onwards.

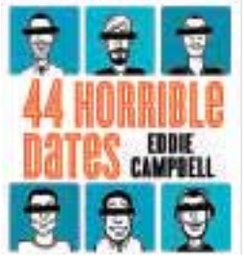
Think you've had some bad dating experiences?

Reading. Chances are author Eddie Campbell has been through much worse

HEIDI PATALANO
Metro New York

The Car Squatter, the Gay Pirate, the Cross-Eyed Magician, the Sleeping Pill — are these characters all part of a bad Saturday Night Live sketch?

No. These are the nicknames that belong to some of the worst men author Eddie Campbell has ever dated. The Los Angeles native has had so many terrible and extreme experiences that he's recently compiled them into a book: 44 Horrible Dates. Campbell's hilarious look at dating in L.A. is rife with oddballs — from the guy who showed up to a date hopped up on cocaine to the one who wanted to use some groceries in the bedroom. Is Campbell a magnet for crazy? Given reader response to his memoirs, he doesn't think so.



"You can be the college-educated person, have a great life, love your family — all that stuff can be in place, and you can still meet a–holes," Campbell says.

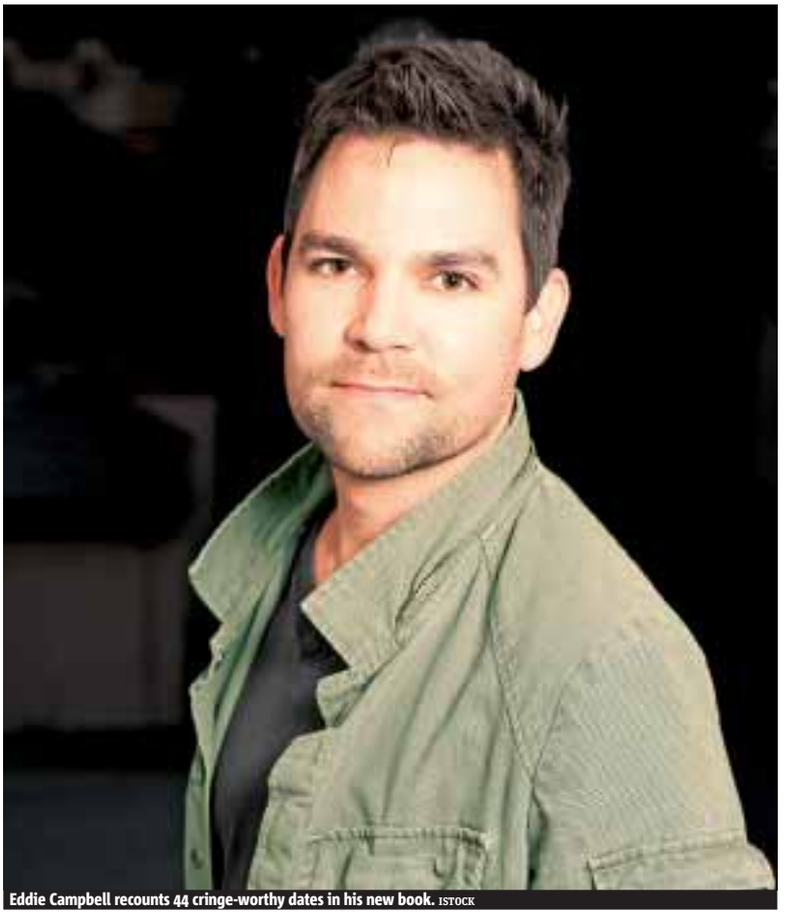
"I know so many gorgeous, beautiful, smart women who keep just meeting d— after d— after d—."

But he says all those terrible dates have helped him avoid future disasters.

"It's a good lesson for everyone because when you're younger, you're a lot less judgmental about who you might go on a date with," says Campbell. "As you get older, and you're still single, you start breaking down what you're willing to put up with. It's not being overly picky, but it's knowing what's right for you."

Campbell stresses that one of the best ways to avoid the pitfalls he's experienced with, say, Nightmare on Vegan Street, is to take some time to evaluate your potential date before agreeing to spend time with them.

"Talk longer on the phone, get out a few questions," Campbell says. "I've actually been on dates where you're so bored you're thinking about separating your darks from your whites and what you're doing for the next day. Don't place yourself in that scenario."



Eddie Campbell recounts 44 cringe-worthy dates in his new book. ISTOCK

Boomerang kids back in the nest?

Young and broke. They have huge debts and can't find jobs — what to do when your children grow up and move back in

YOUR MONEY
Alison Griffiths
money@metronews.ca
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An amusing comic strip recently showed a teenager asking his parents to lend (meaning give) him $20 so he could go out for a movie and pizza with his friends. His mother pointed out that he had a part-time job and savings in the bank. "But that's my money!" her son protested.

This seemingly innocent me-ness of the teenage years is spilling over into adulthood. One third of parents with a youngest child between 20 and 34 have at least one offspring living at home according to a 2011 Statistics Canada report. And one quarter of those enjoying Hotel Mom and Dad have left the nest only to return — the so-called boomerang kids.

It isn't surprising. After all, the Vanier Institute of the Family pegs the average debt for those with an undergraduate degree at around $18,000, but the Canadian Federation of Students believes it's more like $27,000.

Factor in the unemployment rate for the under-35 crowd, between 15 and 21 per cent, and there are a large number of young adults who have no financial choice but to live at home. In many cases, parents who are initially willing to help end up feeling put upon and resentful. Avoid this toxic situation by ensuring adult children at home contribute.

Above all, charge rent. I recommend a sliding scale based on income. First set a base rate no matter what your child is earning — $50 monthly is better than nothing.

Even if that means an engineering grad must take shifts at the mall or a fast food outlet, such financial obligations are the stuff of adulthood. (If your child is saving to go to school the rent can always be rebated later.)

Then peg future rent to a percentage of their earnings. A reasonable rule of thumb could be 20 to 25 per cent of gross income. Since most recent grads will have lots of tuition and education credits to carry forward, they are unlikely to pay much tax.

Also, be sure to spell out household duties such as cleaning, gardening, cooking and grocery shopping.

By all means help your kids get on their feet but treat them as adults at the same time.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

Thirty-four years old and living with the 'rents: Matthew McConaughey, centre, starred in Failure to Launch along with Kathy Bates, left, and Terry Bradshaw. CONTRIBUTED

How times change

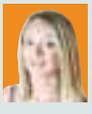
- **Young adults.** In 1985, 21 to 34-year-olds purchased 38% of all new cars; today it is only 27%.

Alison's money rule

"Helping out financially shouldn't mean a free ride for adult kids living at home."

Food for thought

Organic power shopping never pays off



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
Twitter: @Lesleyscorgie

Last week I was racing from a meeting with my lawyer to one with my banker, regarding my new home purchase. Between appointments, I decided to squeeze in a 'power shop' for groceries; in-and-out in less than eight minutes.

I filled my basket with a few days' worth of fresh organic foods and bolted to the checkout. The cashier rang in my $50 stash and that's when I discovered, in my haste, I'd left my wallet at my last appointment.

Full of apologies for the cashier and patrons waiting in line behind me, I started to leave the checkout counter. But, I was stopped by a nice guy from the lineup who insisted on paying for my groceries. I thanked him 10 times over, offered to pay him back (he refused), and his parting comments to me were "why do you buy organic? It's so expensive. I can get twice the amount of groceries for the same price."

We all know the stats on organic foods; locally grown, fresh, greater nutrients because no artificial chemicals or additives are used in the growing and/or refining processes.

Experts say these foods are better for our bodies and the environment. But, in many places, organic foods take up a significant chunk of a household's budget. Thus, many people opt for less healthy, inexpensive foods.

Coupon Cabin released a study last week about organic food purchasing behaviour. Nearly 75 per cent of respondents said they would buy organic if the price was more affordable. But, currently, less than half seek healthier food options because organics cost too much.

There are affordable ways to buy organic and eat healthy.

Plan ahead. Hasty purchases often result in bad deals. So, unlike my eight minute 'power shop', take time to plan out your organic purchases to ensure you don't buy items you don't need and avoid paying too much for the ones you do.

Buy less more often. Fresh organic produce provides its greatest flavour and nutritional benefits when consumed quickly. Buying fewer in-season produce items more often saves money as less food going rotten.

If you're concerned about your carbon footprint each time you drive to the grocery store, stop driving and walk, run, bike, or take public transit.

Coupon. Clip organic food coupons or search for them online. Coupons exist for almost any item. The key with couponing is to avoid going overboard – buying more than you need for the sake of a deal.

Bulk-buy non-perishables. Take advantage of sales for non-perishables and items that can be frozen until you're ready to consume.

Buy local. Not only will this help support local growers and businesses, in many circumstances, produce can be significantly less than at a traditional big-box grocer. Great organic healthy fresh foods are available at your local farmers' market or grocery co-op.

Test your green thumb. If you've got access to natural sunlight and have a yard or balcony, try growing your own herbs, fruits and veggies. Seed packs only cost a few dollars.

You don't have to fork over astronomical sums of money to buy organic.

Scared of GMOs and pesticides? You might want to go organic. ISTOCK IMAGES

Tennis

On-court outburst costs Nalbandian

David Nalbandian was fined the maximum $12,560 US and placed under police investigation for assault after kicking an advertising board and injuring a line judge during the Queen's Club final.

The ATP confirmed the fine for unsportsmanlike conduct on Monday and said the Argentine player also was stripped of his 36,500 pounds ($57,350) in prize money.

London police said they were investigating a complaint of assault filed against Nalbandian, who was defaulted from Sunday's match against Marin Cilic in the grass-court Wimbledon warm-up event.

THE ASSOCIATED PRESS

David Nalbandian in London on Sunday. THE ASSOCIATED PRESS

Rankings

Mayweather still 'Money' while in the slammer

The world's highest-paid athlete is in jail.

Forbes has released its list of the 100 highest-paid athletes, and boxer Floyd (Money) Mayweather Jr. is No. 1. Mayweather, who made $85 million US for two fights last year, is currently serving a three-month jail sentence in Las Vegas for domestic battery.

THE ASSOCIATED PRESS

Roger Clemens talks to members of the news media after his acquittal on Monday in Washington, D.C. CHIP SOMODEVILLA/GETTY IMAGES

Clemens acquitted after 'a hard five years'

MLB. Jury finds seven-time Cy Young winner didn't lie to U.S. Congress in 2008

Quoted

"The jury has spoken in this matter, and we thank them for their service. We respect the judicial process and the jury's verdict."

A written statement from the U.S. Attorney's Office after Clemens' acquittal.

Roger Clemens was acquitted Monday on all charges that he obstructed and lied to Congress in denying he used performance-enhancing drugs to build his career as one of the greatest pitchers in baseball history.

"I'm very thankful," Clemens said, choking up as he spoke after the verdict.

"It's been a hard five years," said the pitcher, who was retried after an earlier prosecution ended in a mistrial.

This trial was lengthy, but the deliberations were relatively brief. Jurors returned their verdict after close to 10 hours over several days. The outcome ended a 10-week trial that capped the U.S. government's investigation of the pitcher.

Emotional hugs among Clemens and family members followed the verdict, including one large group hug in the courtroom. At one point, wife Debbie Clemens dabbed his eyes with a tissue.

Outside, at one point, Clemens stopped to compose himself.

Accused of cheating to achieve and extend his success — and then facing felony charges that he lied about it — he declared, "I put a lot of hard work into that career."

He said he appreciated "my teammates who came in and the emails and phone calls" of support. With his four sons standing behind him, Clemens thanked his lawyers, his family, his sisters and his wife.

His chief lawyer, Rusty Hardin, walked up to a bank of microphones and exclaimed: "Wow!"

Hardin said Clemens had to hustle to get to court in time to hear the verdict. "All of us had told Roger there wouldn't be a verdict for two, three or four days, so he was actually working out with his sons almost at the Washington Monument when he got the call that there was a verdict."

Clemens, 49, was charged with two counts of perjury, three counts of making false statements and one count of obstructing Congress when he testified at a deposition and at a nationally televised hearing in February 2008. The charges centred on his repeated denials that he used steroids and human growth hormone during a 24-year career that produced 354 wins.

THE ASSOCIATED PRESS

Heat avoiding 'letdowns' of last year

Dwyane Wade, LeBron James and Chris Bosh celebrate during the second half of their win over the Thunder on Sunday in Miami. MIKE EHRMANN/GETTY IMAGES

LeBron James, Dwyane Wade and Chris Bosh walked off the floor together after Game 3 of the NBA finals, and were immediately wrapped up in conversation as they strolled to the Miami Heat locker-room.

Their talk had nothing to do with a 91-85 win in Game 3.

Turns out, the Heat "Big Three" were already working on plans for Game 4 against the Oklahoma City Thunder by going over what had just happened while it was fresh in their minds. Television cameras captured them side-by-side on that walk, a far cry from the images of anguish after losing the finals last season.

The series resumes in Miami on Tuesday night, with the Heat holding a 2-1 lead in the best-of-seven.

"We all got caught up in the lights and the negativity last year," Bosh said. "We let that take away our energy away from focusing on what we needed to focus on. This year we're just being ourselves. We're coming and competing. We're playing the best basketball and we're just having confidence in our game. We're good enough. We're good enough to win it. We were good enough last year. We just had too many letdowns."

THE ASSOCIATED PRESS

Getting Stern on floppers

David Stern is determined to stop the floppers, even if it takes until the next morning.

- The NBA commissioner and the league's competition committee met Monday to discuss players deceiving referees into calling fouls by falling down, or flopping.
- Stern says one option could be a "postgame analysis" in which players could be penalized.

4 SPORTS

NFL

"It wasn't because I didn't want to play anymore. It was simply time to move on."

Running back LaDainian Tomlinson, who signed a one-day contract with the San Diego Chargers on Monday and then announced his retirement. Tomlinson rushed for 13,684 yards, fifth all-time, and scored 162 touchdowns, third-most ever. His 145 rushing touchdowns are second-most in history. He ended his brilliant 11-year NFL career the same way he started it — with the Chargers.

"I was a part of greatness. And it was awesome to be a part of it. It was awesome to watch. I mean, I had the best seat in the house. It was a fun time."

Retired offensive lineman, and former teammate of LaDainian Tomlinson, Kris Dielman.

On the web

The New Orleans Hornets appear serious about pairing another big man with consensus top draft choice Anthony Davis. New Orleans hosted six-foot-11 Baylor forward Perry Jones III and six-foot-nine Ohio State forward Jared Sullinger for pre-draft workouts on Monday. Scan the code for the story.

Sports in pictures

1 NBA. Ex-ref Donaghy wins $1.3M in book-publishing lawsuit

A Florida jury has awarded a disgraced former NBA referee $1.3 million in a lawsuit against the company that published his memoir.

Tim Donaghy sued Shawna Vercher and her company, VTi Group, in Pinellas County civil court, saying he hadn't been paid. The now-defunct company published Donaghy's 2010 book about referees and the NBA. THE ASSOCIATED PRESS

2 NFL. Saints' Vilma walks out of 'sham' meeting with Goodell

Suspended Saints player Jonathan Vilma left an appeals hearing with NFL commissioner Roger Goodell after about an hour Monday, denying he had a role in New Orleans' bounty program and saying the process is unfair.

The linebacker's attorney, Peter Ginsberg, said the NFL requested an adjournment to Monday afternoon, but he and Vilma refused. Ginsberg called the hearing "a sham" and said Goodell failed to present the evidence on which he based his decision to impose Vilma's season-long suspension. THE ASSOCIATED PRESS

3 Olympics. Canada's Spencer gets chance to fight in London

Boxer Mary Spencer's Olympic dream is still alive.

The Windsor fighter received word Monday that she was awarded a wild-card entry for the London Olympics. Spencer waited several weeks to learn her fate after failing to clinch a spot at the women's world championships last month in China. THE CANADIAN PRESS

4 NHL. Sabres GM ready to be active at upcoming draft

Buffalo Sabres general manager Darcy Regier has made it no secret that he's ready to play "Let's Make a Deal" at the NHL draft this weekend.

Regier revealed on Monday that he's already been "very active" in trade talks with several teams to gauge what deals might be available. THE ASSOCIATED PRESS

Euro 2012. English keeping confidence in check

While England's European Championship expectations are rising, the unexpected early departures of the Netherlands and Russia have been enough to dampen any overconfidence for coach Roy Hodgson.

The Dutch followed their World Cup final appearance two years ago by losing all three Euro 2012 group stage matches. And Russia was ousted after losing to Greece on Saturday.

While England entered Euro 2012 at a low ebb, a draw against France and a victory over Sweden have given renewed belief about the team's prospects. Only a draw is needed against co-host Ukraine in the final match in Group D on Tuesday to reach the quarter-finals.

"There have been plenty of surprises already and we are not unaware that with expectations building up, we are not maybe underdogs in a game but we are starting to become the favourites," Hodgson said Monday. "But that doesn't change anything as far as we are concerned." THE ASSOCIATED PRESS

Quoted

"When you are playing well it breeds confidence and belief. We have got Wayne Rooney back and everything is positive."

English captain Steven Gerrard on the return of Wayne Rooney to the English lineup.

Roy Hodgson on Monday in Donetsk, Ukraine. GETTY IMAGES

Soccer juggernauts stay alive in Poland

Euro 2012. Italy and Spain move past group stage with dramatic victories

Mario Balotelli of Italy scores against Ireland on Monday in Poznan, Poland. CLAUDIO VILLA/GETTY IMAGES

Spain and Italy confirmed their heavyweight reputations at the European Championship on Monday, advancing to the quarter-finals after winning their final group matches.

Defending champion Spain sealed top spot in Group C by beating Croatia 1-0 with a late goal by substitute Jesus Navas. Croatia's football association faces a UEFA charge on Tuesday over its fans' racist abuse of Italy forward Mario Balotelli last week.

Balotelli came off the bench to score Italy's second goal in a 2-0 victory against Ireland, lifting the Azzurri above Croatia in the standings. Antonio Cassano had opened the scoring for the Azzurri.

Earlier, UEFA president Michel Platini said he was "not happy" with Croatia fans at Euro 2012.

The victories for Spain and Italy will send them from their Poland-based group to quarter-finals in Ukraine against either the co-host, England or France.

Spain will play on Saturday in Donetsk, and Italy goes to Kyiv on Sunday.

Elaborate Spanish possession play failed to create many scoring chances in Gdansk, despite the World Cup winners knowing a 1-0 loss would mean a ticket home.

Iker Casillas, the goalkeeper and captain, saved Spain with a double stop from Croatia's Ivan Rakitic in the 59th minute, then parried Ivan Perisic's low volley in the 79th.

Spain's passage was confirmed when Navas, who replaced Fernando Torres, struck in the 88th, tapping into an empty net from a pass by Andres Iniesta after the pair had broken the offside trap.

Italy knew that a 2-0 win would not be enough in Poznan if Spain and Croatia drew 1-1.

Antonio Cassano continued his impressive recovery from minor heart surgery in midseason to score with a header from a 35th-minute corner, glancing in a header at the near post that had too much pace on it for goalkeeper Shay Given to keep out.

Ireland showed attacking intent after appearing overwhelmed in previous losses, but midfielder Keith Andrews was sent off for collecting a second yellow card in the 89th.

One minute later, Balotelli scored by hooking a volleyed shot over his left shoulder. THE ASSOCIATED PRESS

Spain's Sergio Busquets tackles Croatia's Luka Modric on Monday in Gdansk, Poland. MATT DUNHAM/THE ASSOCIATED PRESS

Racism

Croatia faces UEFA discipline

Croatia's football body faces punishment on Tuesday after anti-racism experts appointed by UEFA reported that the team's fans made monkey noises at Italy's Mario Balotelli, who is black.

Croat fans throwing fireworks also delayed two matches in Poland, while others burned a European Union flag and paraded posters of a convicted war criminal in Poznan city centre.

"I am not happy with the Croatian people," said UEFA president Michel Platini.

He visited the country last year to warn political and football leaders about possible UEFA suspensions if hooliganism was not curbed.

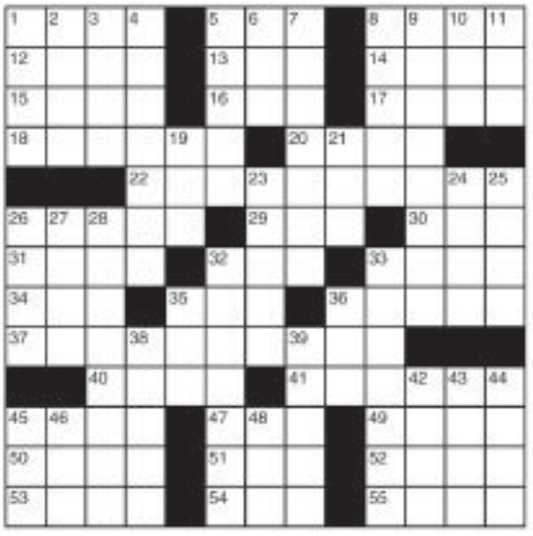
The UEFA chief earlier told reporters that the atmosphere in Euro 2012 stadiums had been "99 per cent great" with "nice people, except some Croatians." THE ASSOCIATED PRESS

Michel Platini GETTY IMAGES FILE

Crossword

Across
1 Drunkards
5 Intention
8 Prayer closer
12 Milne character
13 Detergent brand
14 Encrust
15 Pound of poetry
16 Pouch
17 Secondhand
18 Oddball
20 Picnic invaders
22 Runts
26 Trite
29 Bit of wordplay
30 Ruby or emerald
31 — and the Tramp
32 Chart format
33 List of options
34 Goose, in Guadalajara
35 Corpulent
36 Surroundings
37 Classroom surprises
40 Swivel
41 Of a people
45 Met melody
47 Bath site
49 My Name Is —
50 Van. counterpart
51 Drop the ball
52 Largest of the seven
53 Gridlock sound
54 CSI evidence
55 Grate

Down
1 Gush forth
2 Creep through the cracks
3 Actress Spelling
4 With keenness
5 Man of morals?
6 Playwright Levin
7 Rhesus monkey
8 Less than 90 degrees
9 Rubbed the right way?
10 — out a living
11 Homer Simpson's neighbour
19 Conk out
21 Sister
23 Stocky, heavy-coated dog
24 Griffey Sr. and Jr.
25 Dirty matter
26 Feed the hogs
27 Mexican entree
28 Certain adjustment
32 Made like Manet
33 Get the sound wrong
35 Bear hair
36 Ran into
38 Charlatan
39 Marty in Madagascar is one
42 Houston acronym
43 Rainbow
44 Applaud
45 Interlaken interjection
46 Pi follower
48 Ode subject



Sudoku

	2	8					6	
6					8		7	
1			9		7	3		
	6			9		8		7
3		5		4			1	
		6	2		5			8
	8		1					4
	3					2	5	

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

3	7	4	1	8	9	5	6	2
8	1	2	6	4	5	9	3	7
9	6	5	2	3	7	1	8	4
7	4	8	9	5	6	2	7	3
2	5	6	3	7	1	4	9	8
1	9	3	8	2	4	7	5	6
6	2	7	5	9	4	3	1	8
4	8	9	5	1	3	7	2	6
5	3	1	7	6	2	8	4	9

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

XH WFJ'IB NJGZ NFIB QYBBCW AZRS RTT FAZBI GFNYBAXAFIQ. FSB GFJTC QRW WFJ'IB HRQATW QJYBIXFI.

Yesterday's Cryptoquip: THE CROPLAND IS CHOCK-FULL OF SNAKES. I SUPPOSE YOU MIGHT SAY IT'S FARMED AND DANGEROUS.

Today's Cryptoquip Clue: I equals R

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Weather

TUESDAY	WEDNESDAY	THURSDAY
MAX: 17° MIN: 9°	MAX: 19° MIN: 12°	MAX: 22° MIN: 11°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

Horoscope

Aries | March 21 - April 20. You are not the sort to compromise your beliefs and opinions and that's good because you will be challenged in some way today.

Taurus | April 21 - May 21. Focus on relationships today and don't worry that you might miss out on a money-making opportunity.

Gemini | May 22 - June 20. If there is something about your everyday existence that you would like to change then now is the time to do something about it.

Cancer | June 21 - July 22. You seem to be more curious than usual about your place in the universe. Don't be scared of asking difficult questions: the answers you get will be hugely enlightening, and maybe more than a little bit profitable too.

Leo | July 23 - Aug. 22. Don't back out of a promise today. If you let even one person down your reputation will suffer.

Virgo | Aug. 23 - Sept. 22. No matter how many times you have clashed with someone in the past they will be on your side today.

Libra | Sept. 23 - Oct. 22. You will become aware today that someone has been keeping things from you, but don't get upset or annoyed about it.

Scorpio | Oct. 23 - Nov. 21. Something that never made much sense before will start to make sense today. A lot of questions that did not seem to have answers will somehow resolve themselves and you'll marvel at just how simple it all is.

Sagittarius | Nov. 22 - Dec. 21. There is an art to saying unpleasant things while making them sound reasonable, even helpful, and if you master that art today you will get a lot of things done

Capricorn | Dec. 22 - Jan 20. Be kind to yourself for a change: do something fun and relaxing.

Aquarius | Jan. 21 - Feb 18. You are right and those who disagree with you are wrong. That's the attitude you will adopt today and in getting things done it will take you far.

Pisces | Feb. 19 - March 20. You won't see eye-to-eye with someone you work or do business with today but you don't have to go to war about it.

SALLY BROMPTON

Caption Contest

"I think I can, I think I can."
bilyana

LAURENT GILLIERON/KEYSTONE/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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